NEWSLETTER
Autumn/Winter 2009

Cambridgeshire County Council

Way2Go!

'Stepping out for a safer and healthier journey'

In this issue, we have some exciting news from the Cycle Cambridge project, tips on winter driving (if you have to use the car) and the usual round up of Road Safety and Safer Routes to School activities and events. But first...

...The weather is getting colder and the days are getting shorter but, before you think about jumping into your car for the school run, we've got lots of advice on how to keep your journeys safe **and** healthy through the winter months.

What can we do to keep ourselves safe as the nights draw in?

At this time of year many of our journeys to and from school take place in semi-or even full-darkness.

So, as we prepare to walk, cycle or scooter our way to the school gates, the most important thing to remember in the winter months is to make sure you can **be seen**. You can do this by wearing appropriate clothing for the time of day.

When it is dull and overcast, **bright** coloured clothing will help you be seen. As it gets dark, **reflective** clothing will help you to **be seen** as it reflects the light from headlights and streetlights. You can find more on our latest 'Be Bright, Be Seen' campaign on page 13.

As well as getting darker, the winter months also bring plenty of wet, cold and windy weather. As long as you have warm and waterproof clothing it shouldn't stop you walking or cycling to school as usual. Just remember, t takes longer for vehicles (including your bikes) to stop when it is wet or icy, so take extra care on the roads. If you are walking or cycling this autumn and winter you can look out for all the differences in your local environment as the seasons change.

So, if you normally jump into the car when it gets wet and cold, try something new. Wrap up warm, be bright, be seen, and experience a safer and healthier journey this winter.

Safer Routes to School News

Safer Routes to School welcomed 16 new schools onto the SRTS project this year. These schools are taking the first steps on a journey with long-term benefits for them and their local community. Whilst things don't improve overnight, each step along the way goes towards a more positive future. These schools are the ones who have decided that they will work to make their local area more pleasant and to enable their staff, pupils, parents and carers to be able to enjoy a sustainable and healthy journey to school for the future.

October's Walk to School events added up to steps in the right direction

Pupils at six Cambridgeshire Safer Routes Project primary schools added up the benefits of walking to school during October. The young people did a maths quiz trail as they walked to school. The special walks and events took place on six days through October and were in addition to the Walk to School Week events, which had the theme of Count me in. Cambridgeshire's pupils and thousands of schools around the world celebrated International Walk to School Month doing something to ease local traffic congestion in their towns and villages and helping reduce school journey carbon emissions.

Walk to School events help to promote safer routes for walking and cycling on the school journey and emphasise the importance of topical issues such as increased physical activity for children, pedestrian safety, traffic congestion and concern for the environment.

Having exercised their legs pupils then exercised their brains by taking part in fun 'hands on' Maths games and activities when they arrived at school. The presenters of the event, were Cambridge Universities' Millennium Mathematics Project.

The lucky schools who successfully applied to have the special event were Newnham Croft Primary School, Godmanchester Primary School, Bottisham Primary School, Little Thetford Primary School, Friday Bridge Primary School and Park Lane Primary School.

The special Walk to School maths workshops are part of the SRTS teams diverse year round education programme for schools taking part in the Safer Routes to School Project.

Did you know?

Research by Professor Roger Mackett of the University College London, has shown that for primary school children, calories burnt in active weekly school travel exceed those burnt in two hours of PE each week.

Source: Sustrans **www.sustrans.org.uk**

Schools Step Up for Walk to School

Schools all over Cambridgeshire took part in walk to school events this October, many taking part during the week of 5th - 9th October, with over 1600 pupils in 76 schools choosing to support this event. The theme this autumn was "Count me in"; focussing on how easy it is to reach the recommended daily hour of moderate physical activity by walking to school.

Katy Taylor, Cambridgeshire County Council's School Travel Advisor says "Walking to school is such a simple way to increase the amount of activity that pupils and parents do in a day, and the great thing is that it counts towards the recommended 60 minutes of daily physical activity".

Since 2002 the number of schools taking part in the October Week has more than doubled, but if your school missed out this year don't worry - look out for information in the New Year about the next Walk to School Week in May 2010 and let's make it the best year yet!

"The aim of the special events for Walk to School Month is to show how Safer Routes to School can fit in with the daily school routines. Trying an alternative environmentally friendly means of transport such as walking and cycling wherever possible helps many people to reconsider the way they get to and from school.

Taking part in the Walk to School events is a great opportunity to improve fitness levels, pedestrian safety, and also gives a greater awareness for children of the local community environment.

The maths quiz trails are tailored to the local area and have proved very popular with children and adults alike. It's an enjoyable way to exercise brain and body at the same time.

Walking or cycling to school equals fewer cars on the roads at peak times and healthier and happier children and adults."

Kirsty Gilliland, Safer Routes to School Team Leader

Pedometers available for schools to loan, free of charge!

Cambridgeshire County Council has 600 pedometers available to lend, at no cost, to schools wishing to encourage pupils to recognise the health and fitness benefits of walking.

They are a great resource to show how walking to and from school, all or part of the way, increases daily activity levels. Schools can use their imagination to incorporate the pedometers into curriculum work in subjects such as I.T., Geography, and P.E.

School pupils who have borrowed the pedometers so far have really enjoyed the experience. There are lots of fun activities to participate in, including finding out how far children travelled (some schools have taken as many steps as walking to India) or competitions such as teachers versus pupils for who takes the most steps.

Schools interested in borrowing some or all of the pedometers, for up to two weeks, should contact Katy Taylor on **catherine.taylor@cambridgeshire.gov.uk** for further information. Pedometers are in high demand so early booking is essential, especially for large-scale loans.

Need help to review your School Travel Plan?

Is your School Travel Plan reviewed regularly, have you amended it to respond to changes in the make up of your school, do you need to update it because of development and expansion? Don't forget that Cambridgeshire County Council employs two School Travel Advisors to help you get the most out of reviewing your School Travel Plan. We are here to help make the process as easy as possible and to suggest ways in which you can make your plan unique to the specific needs of your school.

We are:

Katy Taylor
Tel: **01480 376717**
Email: **catherine.taylor@cambridgeshire.gov.uk**

Steve Hawkes
Tel: **01223 699787**
Email: **steve.hawkes@cambridgeshire.gov.uk**

We are here to help you, so give us a call!

My School Travel Poem

In our house no one walks us to school
we all walk from the car
which Mum or Dad has driven in
though home's not very far

I'd like to walk with my friends
or skip, or jump or slide
Mum says traffic is dangerous
so in the car I ride

Dad gets cross with all the traffic
when he drives me to school
he says 'why can't these people walk?'
I say 'that would be cool'

It's boring coming in the car
I feel really lazy
sometimes I just go back to sleep
then lessons are all hazy

If everybody walked to school
or could come on their bike
or even come in on the bus
that's something I would like

If you want to walk to school
grab your coat put on your comfy shoes
step out, meet new friends spread the news
tell everyone people who walk and cycle rule

By Chelsea, age 10

Did you know?

Of the fuel put in the average car, 80% of the energy is lost in heat and through the car's exhaust and only 20% is used to actually turn the wheels.

In Denmark, bicycles outnumber cars by two to one. This means there is less need for parking spaces or road infrastructure in cities.

Every single kilometre not driven in a car reduces carbon dioxide emissions by 145 grammes.

Every car that was not produced reduces energy consumption by 50,000 kilowatt hours.

Source: **www.mobilityweek-europe.org**

Here to Help – The School Crossing Patrol Service

A recent award ceremony in Shire Hall Cambridge recognised the achievement of Mrs Susan Lambert from Cavalry Primary School in March who has held the post for 27 years. Mrs Lambert also had a surprise ceremony at the school during the last week of the summer term where she was presented with a two tiered cake with a SCP on the top together with a spatula to recognise her time as a dinner lady at the school as well. The other member of our staff to be presented at the same Cambridge ceremony was Shirley Bowman who had also completed 27 years service.

Many congratulations Sue and Shirley on an award well deserved and may we offer our thanks to you both as well for a job well done!

We have many committed staff who have worked for us for a good number of years so we recognise just a few of the many milestones this year below:

Staff who have completed 10 years service this year
Mrs Josephine Reader

15 years service this year
Ms Lesley Reed
Mrs Joy Peacock

20 years service this year
Mrs Maureen Bonner
Mrs Jane Agger

30 years service this year
Mrs Carole Hayes
Mrs Freda McMenamin

And our current longest serving Patroller completed 31 years this year, Mrs June Knipe, congratulations June and thank you for your commitment.

Welcome to those who have joined us during the last 12 months:

Mr Ray Bartram
Miss Emma Bays
Mrs Donna Butler
Mrs Jennifer Moller
Miss Elizabeth Murphy
Mrs Michelle Day

When seen on one of the recent visits to him at St John's school in Huntingdon Ray Bartram said that he was really enjoying the job and found it very satisfying. He joined us in the middle of last winter and was trained on a rather wet and windy day closely followed by fog, ice and snow in subsequent weeks, but none of these elements have dampened his enthusiasm. Recent feedback from the school upheld this with the comment that 'Ray is fantastic he always has a smile and chats with all the children'. Many thanks Ray; we all hope that you continue with your cheerful ways for many years to come.

This is of course only one of many similar comments that we receive from schools regularly and it is good to know that all our staff are appreciated and valued by the school communities that they serve.

Goodbye

We say goodbye and thank you to:

Tracey Slaw – William de Yaxley C of E Junior

Sandra Spriggs – Peckover Primary (this site will no longer have an SCP on duty)

Donna Taylor – Hemingford Grey Primary

The routine is never routine!

Project Officer Matthew Grout is looking forward to a busy time,

"Every September the new schools joining the Cambridgeshire County Council Safer Routes to School Project are shared between the three Project Officers. This year I have four new schools to look after, Kennet Primary, Newton Primary in Eltisley, Fen Drayton Primary and Ely Community College. I am looking forward to working with them all as each has its own unique set of issues and challenges to increasing walking and cycling to school. Also, three of them are Primary schools in small villages while the fourth is in an urban area. But maybe the biggest difference is the size, three of them have around 100 pupils each, but Ely Community College is a secondary school and has over 1,000 pupils. I have a really mixed bag of schools this year which is great because, as the saying goes, variety is the spice of life!"

Did you know?

On a bicycle you can travel up to 1037 kilometres on the energy equivalent of a single litre of petrol.

Twenty bicycles can be parked in the same space taken up by one car.

Source: University of Aberdeen

Rolling out cycle storage

Over the past few months The Safer Routes to School Project have been busy installing cycle parking at many participating schools throughout the county. Cycle shelters are very popular among schools. The past few months have been busier than ever. With special funding that has recently been made available from the Cycle Demonstration Town Project for schools in and around Cambridge City, it's going to get even busier. In November we will be installing the biggest and one of the most expensive, cycle parking facilities Safer Routes have been involved in and it's a very exiting development. The school's Project Officer Matthew Grout is planning a special opening event.

Together we're even stronger!

Pupils at Pendragon School had a packed and fun filled road safety day as part of their involvement in the Safer Routes to School project.

The school had identified the need for road safety training and so SRTS joined forces with the County Council Road Safety team and Cambridgeshire Police to organise a day of activities.

Children participated in different road safety activities such as role playing with the children playing police officers, school crossing patrols and so on. Older children tested their knowledge with hands on games and activities whilst the oldest children took part in an interactive "who wants to be a millionaire?" style road safety quiz. They also learnt about the importance of wearing seat belts with a simulated car crash, how to maintain their bike and why they should wear a cycle helmet.

Each class also got the chance to visit the Mobile Police Van and talk to the Police as well as seeing a police car with its light flashing as though it were at a real life emergency.

The day culminated with a roadshow for years 4, 5 and 6 where the children could participate in more activities such as watching a "you've been framed" style video about road safety as well as designing a road safety poster and lots of other fun activities.

Finally at the end of the day, parents were invited to come and visit the roadshow to see what the children had been up to.

Did you know?

Always one step ahead – Walking from an early age makes children more aware of road safety issues and helps them develop personal safety skills.

Source: Sustrans **www.sustrans.org.uk**

Road Safety News

Cambridge Pupils Encouraged to 'Bike It!' to School

As part of the Cycle Cambridge Project we now have a Sustrans Bike It Officer working with schools in Cambridge and the surrounding villages. Way 2 Go spoke to Bike It Officer, Maya, to find out more.

Name:
Maya Stratton-Brook

Job title:
Sustrans Bike It Officer for Cambridge

W2G: What is the 'Bike It!' project?

Maya: Sustrans Bike It Officers work closely with 12 selected schools in order to increase cycling levels over an academic year. There are hundreds of activities available to schools, such as the Bike It Virtual Bike Ride, bike to school breakfasts, bike rides, curriculum based lessons and maintenance classes which can all be tailored to suit the needs of an individual school.

W2G: What are your hobbies/interests?

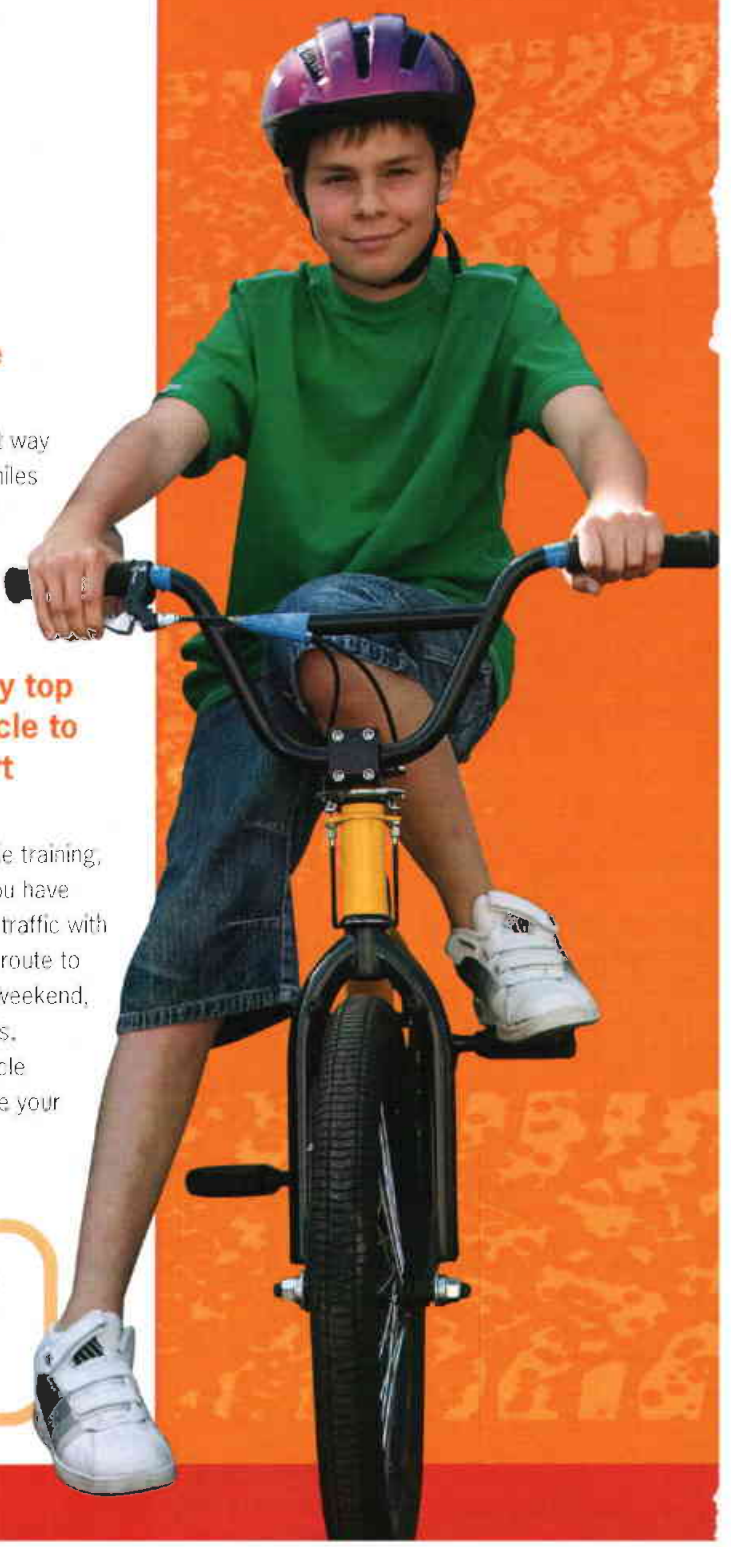
Maya: Cycling, playing the piano and tap-dancing.

W2G: Why do you like cycling?

Maya: Cycling is by far the best way to travel. On journeys under 3 miles it's the fastest option. It's great to be outdoors and the freedom you get from riding a bike is brilliant.

W2G: Do you have any top tips for pupils who cycle to school or want to start cycling to school?

Maya: If your school offers cycle training, take it. Otherwise, make sure you have plenty of experience of riding in traffic with an experienced adult. Plan your route to school and do a trial run at the weekend, making note of any danger spots. Where possible, use off road cycle paths and routes which will make your ride a lot more enjoyable. Most importantly: have fun!



For more information on the Bike It project contact Maya Stratton-Brook on **01223 728543** or email **maya.stratton-brook@cambridgeshire.gov.uk**

Our Fab Four For Cycle Training

This year our Cycling Education Team has double in size with the addition of two staff to develop and deliver Bikeability cycle training in Cambridge and the surrounding villages. Simon Haydn and John Stanley have joined Cheryl Morgan and Maree Richards to form the new face of cycle training in Cambridgeshire. For those of you who haven't met them all yet, Way 2 Go brings you a short interview with each.

Name:
Cheryl Morgan

Job title:
Cycling Education Officer

W2G: What do you do in your role?

CM&MR: We manage child cycle training across the county and work together as a job-share. Together we train volunteers to deliver cycle training to 10/11 year olds in their primary school. We then go out and monitor the instructors and pupils once they begin their on road training, this is definitely one of the best bits of the job as we can see what the children are achieving. We also promote our younger scheme, 'Pedal Power' which is playground-based training for 7-9 year olds and usually takes place on the school playground or sometimes it may be a cub or brownie group.

Name:
Maree Richards

Job title:
Cycling Education Officer

W2G: What are your hobbies/interests?

CM: Swimming, holidays and relaxation!

MR: I swim and love walking to keep fit but most of my spare time is taken up with having fun with my 2 children aged 7 and 4.

W2G: Why do you like cycling?

CM: Cycling is a great way to stay healthy and you see so much more than if you were travelling in the car plus you can park almost anywhere. As a family, our bikes always go with us on UK holidays, more recently to the Isle of Wight, which surprisingly to me had lots of hills!

MR: Cycling is such a great way to keep fit as well as so much fun for all the family. We often pack a picnic and out come the bikes and off we go.

Name:
Simon Haydn

Job title:
Bikeability Proje Officer

W2G: What do you do in your role?

SH: I promote and monitor cycle training in the Cambridge area for both adults and children. I also look after the cycle trainers and help remove barriers to cycling, both physical and mental ones.

W2G: What are your hobbies/interests?

SH: My hobbies all revolve around the same area, that of improving something. That covers bicycles, cars, houses, services and even people's social lives. I really enjoy making something better.

W2G: Why do you like cycling?

SH: I just love the freedom that cycling offers, never mind the added benefits of getting to work on time and keeping fit.

Name:
John Stanley

Job title:
Cycle Trainer

W2G: What do you do in your role?

JS: Teach Bikeability Levels 1,2 and 3.

W2G: What are your hobbies/interests?

JS: Cycling, Football, Guitar, Scuba Diving, Astronomy, Live Music.

W2G: Why do you like cycling?

JS: Cycling not only provides me with a convenient and cheap means of transport but also with a great hobby. Whilst commuting and at work my focus is on-road skills, road positioning, signalling, observation etc, then over the weekends I'll often go Mountain biking which provides me with a whole new challenge. You are always learning new things with cycling, it's fun, and it keeps you fit!

Safer Cycling Instructor Training Days – March 2010

Does your school need a volunteer Safer Cycling Instructor(s)?

Instructor training at St. Ivo Leisure Centre

We will be holding Instructor Training Days in March 2010 so now is the time to book your place(s).

The following venues and dates are now confirmed and ready for booking:

9 March 2010	Comberton Leisure Centre
10 March 2010	St Ivo Leisure Centre, Westwood Road, St Ives, Cambs
23 March 2010	Hereward Hall, County Road, March

These are one-day courses beginning at 9.15 and finishing no later than 3pm.

To find out more and to book a place, please call Cheryl Morgan or Maree Richards on **01480 376721** or email **road.safetycycling@cambridgeshire.gov.uk**

Please note: These training days are for Safer Cycling schools only, not Bikeability schools that form part of the Cycle Cambridge Project.

Spike the Hedgehog joined dozens of mascots for the 10th annual Mascot Grand National at Huntingdon Racecourse.

Spike's Shining Performance in Mascot Race

With the mornings and evenings getting darker Spike, Cambridgeshire County Council's lovable Road Safety Mascot, says it's important for children to make sure they are safe and seen.

Taking his own advice, Spike has been wearing lots of reflective clothing on his training runs ready for the big race when he competed against a field of 67 other mascots.

Traditionally accident figures for pedestrians rise in November as the days draw in and people are less visible to motorists.

Spike hopes children and their parents will follow his advice and make sure they wear bright and reflective clothing, stickers or other accessories to make sure they are seen at night.

Lyn Hesse, Road Safety Officer for Education says: "People get used to the longer hours of daylight in the summer and then forget how little they can be seen when the evenings and mornings start to get darker. Spike and I have been out jogging with our reflective clothing and we want to remind people to make sure they, and especially their children, can be seen as it gets dark.

Spike is a bit of a tubby hedgehog, and he tried his best, but sadly lost to a New Zealand born winger, who plays for Huntingdon Rugby club, dressed as a stag. But he would feel a winner if he knows children are keeping themselves safe."

Money raised from the Mascot Grand National will go to the Willow Foundation, which was also celebrating its' 10th anniversary.

Spike came 8th in the race and can't wait for a chance to improve his performance in 2010. Well done Spike!

Launch of Bikeability in Cambridge

Cambridge school pupils welcomed "Cycling proficiency for the 21st century" at our launch event on Thursday 1 October 2009.

Cambridgeshire County Council's Road Safety team launched 'Bikeability' at King's Hedges Primary School, one of the first schools in Cambridgeshire to receive the new training programme. Rich Johnson of RJ Ride Guide was also there to demonstrate the importance of cycle safety and training, whilst performing a show of tricks and stunts on his array of bikes.

'Bikeability' is a nationally recognised cycle training scheme designed to develop pupils' skills and confidence. The scheme is being trialled in Cambridge Primary Schools, and those in the surrounding villages, as part of the Cycling Demonstration Town project funded by the Department for Transport through Cycling England.

Approximately 2000 primary school pupils will undertake 'Bikeability' cycle training free of charge in Cambridge and its surrounding villages over the next 18 months.

Cambridgeshire has a long history of offering on-road cycle training to a large number of primary school pupils, with Bikeability offering an exciting addition to our programme across the county.

"We want to equip pupils with the necessary cycling skills before starting secondary school, when they may want to cycle to school, but more than that we hope that this training will provide pupils with a skill that they will continue to use for the rest of their lives.

"Training can give pupils the confidence, skills and knowledge to provide them with a good cycling experience and encourage them to cycle well into adulthood, getting more people cycling, more safely, more often."

Mark Kemp, Service Director of Highways and Access for Cambridgeshire County Council

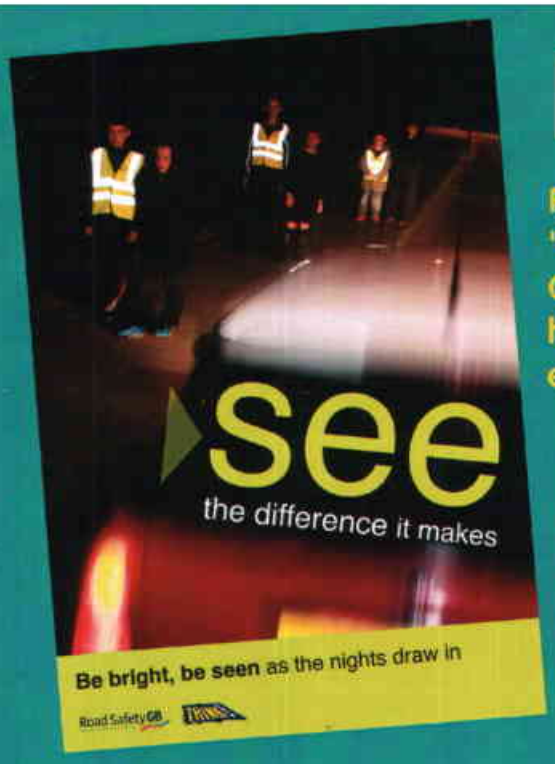
If you would like more information on cycle training in your school contact:

Simon Haydn for Bikeability Cycle Training:
Tel: **01223 699154** Email: **simon.haydn@cambridgeshire.gov.uk**

Cheryl Morgan/Maree Richards for Safer Cycling and Pedal Power:
Tel: **01480 376721** Email: **road.safetycycling@cambridgeshire.gov.uk**

Be Bright, Be Seen

Road Safety experts at the County Council have produced the 'Be Bright, Be Seen' campaign in partnership with Road Safety GB and the Think! team at the Department For Transport, highlighting the dangers presented to children as the darker evenings draw in and with the October clock change.



The new Road Safety GB 'Be Bright, Be Seen' campaign

Children from Cambourne's Youth Club were photographed wearing various clothing, ranging from bright to dark, at differing distances from an oncoming car. The children in brighter clothing, even those at the furthest distance from the car, can be seen clearly, unlike those in the darker materials who are much less visible. When on or near the roads, particularly at this time of year, bright, reflective clothing can help keep your children safe.

The Great Britain Road Casualty 2008 figures show that more than twice the number of child pedestrians were killed on the nation's roads in November than in October and December. With Britain's clocks moving back one hour on Sunday 25th October, the Road Safety Team encourages all children to use their bike lights, and to wear bright, reflective clothing, especially for their journeys to and from school. It is also important for drivers to be particularly aware that they may not be able to see pedestrians as easily due to the dark conditions.

For more information on the 'Be Bright, Be Seen' campaign, contact Phil Rennie on 01480 375105 or email phil.rennie@cambridgeshire.gov.uk

"Although the number of people being killed and seriously injured on the roads thankfully, decreasing, please remembe that the change in the clocks makes November particularly dangerous for al road users - especially in the evening ru hour and particularly for children. Durin the week, many pedestrian casualties o occur between 3pm and 6pm, and thes darker evenings mean both drivers, pedestrians and cyclists need to take extra care on our roads. 'Be Bright, Be Seen' calls on everyone, and especially children, to wear bright, reflective cloth - but also on drivers to be on the lookou for those that they may not have seen i the dark, and to ensure their headlights are working correctly."

Phil Rennie, Road Safety Officer

The DfT Think! website has been updated and is now well worth a look. The design style has been created to reflect the "tales of the road" advertising campaign. Go to **www.dft.gov.uk/think/education** and you will be able to open the new DFT road safety programme for young people, their teachers and parents.

Resources aimed at 3-5's and 7-11's are available now, with resources for 11-16's available this autumn and for 5-7's in spring 2010.

The area for teachers contains a guide to help plan and deliver effective road safety education along with teacher's notes, including general guidance, curriculum links and detailed lesson ideas.

The area for pupils has interactive games, stories, information, video clips, posters, activity sheets and sound effects for pupils to play, read, watch, see, do and hear.

The area for parents contains activity ideas and information about how parents can set a good example and teach their child good road safety skills, along with home link sheets for parents to complete with their children, reinforcing the messages of the classroom activities.

The resources are designed to be used flexibly. Teachers can mix and match ideas to suit their class and a variety of formats and activities are provided to suit different learning styles. The interactive resources can be used on whiteboard or a suite of computers.

Winter Driving Tips

In a warm, comfortable car it can be easy to forget that the cold, wet, windy and icy conditions of autumn and winter present us with a different set of driving hazards.

Steve Merrett, Road Safety Officer for Driver Behaviour, offers all road users some helpful advice for winter driving: "At this time of year when we are starting to get frost at night, often mixed with fog, we are beginning to see first-hand that winter is setting in. For drivers, this means adapting to slippery road conditions and reduced visibility.

"The Highway Code requires us all to drive at a speed that will enable us to stop in the distance we can see to be clear ahead. On damp and wet surfaces, this distance will be at least double that of a dry surface. On icy and snowy surfaces, this can be increased by up to ten times! Damp, wet and greasy roads at corners and bends also need extreme caution. In these circumstances drivers are encouraged to slow down and leave plenty of distance between them and the vehicle in front".

For more information please contact Steve Merrett on **01480 375105** or email **steve.merrett@cambridgeshire.gov.uk**

When driving in winter you should;

- Leave extra time to complete your journey
- Leave plenty of space between you and the vehicle in front at all times
- Ensure vehicle lights operate correctly and are clean
- Only use high intensity fog lights when visibility is seriously reduced (the Highway Codes suggests to less than 100m) and switch them off when conditions improve
- Ensure that your windscreen and other glass is clean and clear of ice
- Ensure that you have adequate windscreen washing fluid for the whole of your journey
- Ensure that your tyres are in good condition and correctly inflated
- You should also consider carrying emergency equipment, should the weather seriously deteriorate and prevent the completion of your journey.

Fenland tyre checks save around 2 tonnes of CO_2 emissions

FACT
Research shows 44% of all UK cars run with under inflated tyres.

Road Safety experts recently helped to protect the safety and pockets of residents in Fenland during National Customer Service Week. Drivers who visited Sainsbury's supermarket in March on October 9th were offered the chance to have their tyre pressures checked and corrected free of charge.

The Cambridgeshire County Council Road Safety team provided these checks in partnership with tyre specialists e-tyres, which also included tyre tread checks for safe and legal levels. Research has found that around 44% of UK cars run on under-inflated tyres, making driving less safe through reduced handling control and increased braking distances, causing engines to work harder increasing both fuel consumption and emissions.

FACT
Correctly filled tyres saves a motorist £28.67 on average, per year.

Research has also shown that driving on correctly inflated tyres can save each motorist on average around £28.67 per year, certainly a useful saving given the current economic climate. More importantly, it can help save the environment and could even save your life or somebody else's!

The event checked the tyre pressures and treads of approximately 50 vehicles and 200 tyres, saving approximately 2 tonnes of CO_2 being needlessly emitted into the atmosphere, and up to £2000 for the drivers on excess fuel consumption and tyre wear.

Cambridgeshire County Councillor Mac McGuire, Cabinet Member for Highways and Access, said: "We ran this event in Cambridge last year to great effect, and were delighted to be able to help keep Fenland road users safe, save motorists money and help protect the environment. Driving on the correct tyre pressure is something all drivers have complete control over, and can be a factor in helping to avoid road collisions. With October also being National Tyre Safety month, it was the ideal time for drivers to come down and get their tyres checked, completely free!"

Bikeability
Cycling Proficiency for the 21st century
CYCLE
CAMBRIDGE
Design a Poster Competition
To celebrate the launch of Bikeability cycle training, Cambridgeshire County Council Road Safety Team are running a competition to design a poster to promote safe cycling to primary school children across the county.
Entries can be drawn by hand or using a computer but must include a cycle safety message.
WIN!
A 24" wheel bike
& accessories
The competition is open to all primary school pupils in Cambridgeshire and will close on Friday 27 November 2008. Any entries received after this date will not be included.
Please send all entries to:
Matt Staton, Road Safety, BOX ET1006, Stanton House, Stanton Way, Huntingdon, CAMBS PE14 9EW
Or matt.staton@cambridgeshire.gov.uk
For more information call: 01480 375105
One winning entry will be selected to receive a bike and accessories, with three runners-up each receiving a Road Safety 'goody bag'.
Prizes:
Sipuire Urban Protector lock donated by Cycle Cambridge
Blackburn light set donated by Kingsways Cycles
Cateye Velo 8 cycle computer donated by Ben Hayward Cycles
Specialized Flash cycle helmet donated by Howes Cycles
cycling england
Transport
www.cambridgeshire.gov.uk/cycling

The last word!

'Bikeability'

Design a poster competition. More on the Bikeability campaign inside.

Think ahead and plan a greener Christmas this year!

Going green in our daily lives is all about achieving sustainability, meaning we are able to complete our day-to-day activities with minimal impact on the environment. Making a sustainable decision abut travelling is particularly significant given the impact transport has on the environment. Making a sustainable transport choice this winter will help to reduce your carbon footprint. So if you can why not walk on those last minute shopping trips or use public transport. A calm walk at your own pace is much more pleasant than road-rage fuelled Christmas shopping traffic jams. And if you use public transport as well as reducing your carbon footprint you reduce your travel stress by letting someone else do the driving!

To submit articles or for more information please contact:

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